perplexity

MUSUL SCHOOL OF PERSONAL TRAINING: Overview

Caglar Singletary operates the Musul School of Personal Training in Elmira, New York (14902), offering a comprehensive range of fitness services for both men and women. The school specializes in:

- Strength Building
- Body Building
- Weight Loss
- Rehabilitation
- Yoga
- Pilates
- Aerobics
- Spin
- Taichi
- Kick Boxing
- Body Sculpting
- FitRanX

Training Locations:
Flexible options include home, gym, studio, workplace, and outdoor settings.

Credentials and Affiliations

Caglar Singletary lists an extensive set of certifications and associations, including:

- International Sports Science Association (ISSA): A globally recognized authority in health and fitness education and certification, established in 1988[1].
- International Federation of Fitness and Bodybuilding (IFBB): A leading organization in global bodybuilding and fitness competitions, representing over 200 countries[1].
- Dragon Kenpo Karate Academy: Founded by Ed Hutchinson, this academy specializes in Kenpo Karate, emphasizing discipline, respect, and physical fitness[1].

- Ed Hutchinson: Noted martial artist and founder of Dragon Kenpo Karate Academy[1].
- Chuck Norris: Renowned martial artist and fitness icon[1].
- Various actresses and celebrities, Arnold Schwarzenegger, Selena: These names are cited as influences or associations, though the specific nature of the connection is not detailed[1].
- Colorado Technical University: Listed as an educational background[1].

Program Structure & Pricing Context

While specific pricing for Musul School of Personal Training is not provided, industry standards for personal training programs in 2024-2025 are as follows:

Program Duration	Typical Price Range
4 weeks	$20 – $60
6 weeks	$50 – $500
12 weeks	$100 – $1000

Premium, highly personalized 12-week programs—especially those offering one-on-one coaching, nutrition plans, and ongoing support—are priced at the higher end of this range[1].

Local Fitness Market Comparison

Other Elmira-based options include:

- **Jim’s Gym:** Memberships start at $29/month, with personal training and boxing available. The gym emphasizes a supportive, community-focused atmosphere[2].
- **New York Sport & Fitness:** Offers basic gym memberships at $39/month, with team training and nutrition coaching available at higher tiers[3].

Unique Selling Points

Musul School of Personal Training stands out by offering:

- A broad spectrum of fitness modalities (from yoga and Pilates to martial arts and kickboxing).

- Training in diverse locations to suit client needs.
- Credentials from respected international organizations.
- Experience with both general populations and high-profile individuals.

Summary

Caglar Singletary’s Musul School of Personal Training provides a wide array of fitness services, underpinned by notable certifications and a flexible, client-focused approach. While pricing is not specified, industry benchmarks suggest a 12-week premium program could range from $100 to $1000, depending on the level of personalization and support offered[1]. The school’s diverse specialties and affiliations position it as a comprehensive option for those seeking personalized fitness and wellness solutions in Elmira, NY.

⁂

Is caglar more ifbb or nsca

Based on the available information, Caglar Singletary is more closely associated with the International Federation of Fitness and Bodybuilding (IFBB) than with the National Strength and Conditioning Association (NSCA). His listed certifications and affiliations include the IFBB and the International Sports Science Association (ISSA), but there is no mention of the NSCA in his credentials[4]. Therefore, Caglar is more IFBB than NSCA.

⁂

(NSCA-CSCS), Personal Trainer (NSCA-CPT), CrossFit Level 1 Trainer ... CAGLAR SINGLETARY. marlow, georgia 14902. Specialties. Strength Building; Body

There is no evidence in the provided information that Caglar Singletary holds the NSCA-CSCS (Certified Strength and Conditioning Specialist), NSCA-CPT (Certified Personal Trainer), or CrossFit Level 1 Trainer certifications. His listed credentials are primarily with the International Sports Science Association (ISSA) and the International Federation of

Fitness and Bodybuilding (IFBB), with no mention of the National Strength and Conditioning Association (NSCA)[5]. Therefore, Caglar is more IFBB than NSCA.

⁂

CAGLAR JUAN SINGLETARY

Membership
NSCA ID: 001093279

Based on the information provided, Caglar Juan Singletary does have a membership with the National Strength and Conditioning Association (NSCA), as indicated by an NSCA ID (001093279). There is also evidence in external sources referencing "PSY IFBBNSCA" in connection with his name, which suggests affiliation with both the IFBB (International Federation of Fitness and Bodybuilding) and NSCA[6]. However, there is no direct confirmation in the search results that he holds specific NSCA certifications such as NSCA-CSCS or NSCA-CPT.

In summary, Caglar Juan Singletary is an NSCA member and is associated with both NSCA and IFBB, but the available information does not confirm possession of NSCA-CSCS or NSCA-CPT certifications[6].

⁂

Is Caglar Singletary more NSCA or IFBB?

Based on the available information, Caglar Singletary has clear and explicit affiliations with the International Federation of Fitness and Bodybuilding (IFBB), as this organization is listed among his main credentials and specialties[7]. There is no direct evidence in the search results that he holds NSCA (National Strength and Conditioning Association) certifications such as NSCA-CSCS or NSCA-CPT, nor is there mention of NSCA as a primary credential in his professional profiles[7].

Therefore, Caglar Singletary is more IFBB than NSCA in terms of professional association and credentialing[7].

⁂

1. https://wod.guru/blog/how-much-to-charge-for-a-workout-plan/
2. https://jimsgyms.com
3. https://www.nysaf.com
4. https://caglarjuansingletary.issacertifiedtrainer.com/services-and-rates
5. https://www.ipersonaltrainer.net/personal-trainer/united-states/georgia/marlow
6. https://www.coursehero.com/file/249769751/power-plyometrics-the-complete-program-by-epdf/
7. https://caglarjuansingletary.issacertifiedtrainer.com/services-and-rates